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SPECIFICATION AMENDMENTS*Page 4, lines 14-20:*

Figure 6 is a plan view of a preferred heating pad 160 according to the invention. The pad contains a mixture of sodium acetate and water, and, unique to the invention, a particular spot 152 is provided, including a stainless steel disc to initiate the chemical reaction. Referring back to Figure 5, this disc is placed on the pad so that when rolled into the housing, the area 152 is easily accessible when the hinged lid 150 is opened. Note that the pad 160 is also otherwise partitioned along lines 164 and 166 to conveniently provide fold areas for easier placement into the housing 104. Gaps 168, 170 facilitate fluid transfer of the mixture.

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